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Monday, January 23, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

RIHANNA ROCKS ALL PINK TO THE WOMEN'S MARCH IN NYC

The pop star chanted and stepped in style. 16

What you need to know for your next interview. 22

'Nova continues to bulldoze the competition. 26

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MARCHING FORWARD

Can the women's marches build a sustainable resistance? 6

GETTY IMAGES

TRUMP INVITES NETANYAHU TO DC

1 President Donald Trump invited Israeli Prime Minister Benjamin Netanyahu to visit Washington in early February during a phone call in which they discussed the importance of strengthening the U.S.-Israeli relationship, the White House said Sunday. In his first call with Netanyahu since taking office Friday, Trump stressed his "unprecedented commitment to Israel's security."

"The president and the prime minister agreed to continue to closely consult on a range of regional issues, including addressing the threats posed by Iran," the White House said in a statement. REUTERS

TRUMP PLEDGES AID FOR STORM-HIT SOUTH

2 President Donald Trump pledged federal assistance for Georgia, Florida and Alabama after the southeastern states were hit by severe storms. Trump said during a White House ceremony that he had spoken to Georgia Gov. Nathan Deal and planned to speak with Florida Gov. Rick Scott about the storms. Trump said he expressed his condolences.

"The tornadoes were vicious and powerful and strong and they suffered greatly," he said. "So we'll be helping out." REUTERS

24 MISSING IN ITALY AVALANCHE-HIT HOTEL

3 Twenty-four people are missing from the wreckage of a hotel in central Italy that was flattened by a deadly avalanche, with difficult research and rescue operations still ongoing, authorities said on Sunday. A statement from the national fire service said the number of people missing rose by one after a rescued person said that a hotel employee, of Senegalese origin, was inside the building

at the moment of the avalanche. So far five people have been confirmed dead, and nine, including four children, were pulled alive from tons of rubble and snow Saturday. REUTERS

VILLANOVA TRADITION

5 The Villanova Wildcats men's basketball team greeted the fans, as is the tradition at the end of the court, with "V's" raised for Villanova, after their win over the Providence Friars at the Wells Fargo Center on Saturday in Philadelphia. See page 26 for more on the Wildcats. GETTY IMAGES

GERMANY MUST BE READY FOR ROUGH TIMES

4 Germany must brace itself for turbulent times under President Donald Trump, Foreign Minister Frank-Walter Steinmeier said, adding that free trade and trans-Atlantic cooperation to fight extremism and terrorism were key for Berlin. Steinmeier, who in August said Trump was a "hassprediger" or "hate preacher," wrote in the mass-circulation Bild newspaper that some members of the new

U.S. administration understand the importance of allies like Germany. "I know, we must prepare ourselves for turbulent times, unpredictability and uncertainty," Steinmeier said. "But I am convinced that we will find in Washington attentive listeners, who know that even big countries need partners in this world." REUTERS

WELCOME TO METRO.US!

Need to fuel your addiction to news about our new president? Seasoned political commentator Ellis Henican can help. "Trump's America" is Henican's take on life in the U.S. under our fearsome leader, who has told us that he's "like, a smart person." Check out Henican's column and see how size matters in Trump's America. **page 8**
metro.us/news/politics

ELLIS HENICAN

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Women's March across the world

A view of demonstrators marching on Pennsylvania Avenue in Washington, D.C. GETTY IMAGES

Protesters participate in the Women's March in the Public Garden in Boston. DEREK KOUYOUMJIAN

Protesters participate in the Women's March in Chicago, Illinois. GETTY IMAGES

People fill the streets near the Los Angeles City Hall. GETTY IMAGES

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Protesters gather in Boston Common on Saturday to protest President Donald Trump's inauguration. DEREK KOUYOUMJIAN

What's next for the resistance?

Political action committees, activists and researchers explore the next steps for protesters.

ALEXIS SACHDEV
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Half a million people marched along the National Mall in the Women's March on Washington as a direct rebuttal to President Donald Trump's inauguration. That's a conservative figure when stacked up against the estimated three million across the U.S who stood in public dissent against the 45th president.

And as throngs of crowds cutting across generational lines swarmed cities across the nation, their presence was highlighted by the notion that they're not going away.

Saturday's show of solidarity is now considered the largest protest in the nation's history. While many spent Sunday celebrating their success and sisterhood, a group of lawyers and leaders gathered to discuss the next steps for la Résistance.

Vanessa Williams was among those who attended the Rise Above conference in Washington this weekend to organize with like-minded activists, attend lectures to learn how to join local government and to brainstorm how to use the law to hold the Trump administration accountable.

At its core, Rise Above is also about keeping the momentum alive, Williams said. Unlike Occupy Wall Street and its related protests, this movement is looking for lasting power, and is developing plans to succeed.

First on the list of advice? Join a grassroots organization.

Williams is one of the administrators on a private activist-centric Facebook page, FIERCE: Pennsylvania. Its 13,000-some members share news articles, organize events like Tuesdays with Toomey and marches across the state, and share tips on calling elected officials.

Of course, it's not just for residents of the Keystone State.

"There's organizations like mine in every neighborhood and across the whole U.S., and you saw that reflected in marches Saturday," Williams said.

She estimated about one million people nationwide are members in her and similar grassroots groups — and they've only been organized since Election Day. But even that head count is conservative, especially considering Saturday's turnout.

As these groups grow, Williams said, they're also becoming more organized. The weekend march in Washington began as a Facebook post after the election, underscoring the power of the social-networking tool for social change.

A common thread in FIERCE: Pennsylvania and similar groups encourage members to call their senators and congressmen to voice their grievances with certain legislation.

Organizers of the Women's March on Washington are also taking action to keep the movement alive. They've launched a website campaign this weekend: 10 Actions for the First 100 Days. Every 10 days, activists are given a new task to become more politically involved. The first assignment urges supporters to write a letter to their elected representative to tell them what issues matters to them.

Beyond that, Williams is urging her fellow netroots to be more than "armchair activists."

"Run for office," Williams said.

In Philly, progressive groups are hosting workshops and panels to inform citizens on the political process, and train them on running for neighborhood election boards. New York City, Denver and other cities are seeing similar efforts.

See more about the resistance at metro.us

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President Donald Trump gives his Inaugural Address during the 58th U.S. Presidential Inauguration. GETTY IMAGES

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TRUMP'S AMERICA

This is the inaugural edition of Trump's America, which will examine life in these not-so-united states under the nation's tweeting, reality TV-popularized president.

IN TRUMP'S AMERICA, SIZE MATTERS

It's Trump's America now. We just live here.

Sorting out the facts from the "alternative facts." Checking random Twitter glances inside the new president's head. Coming to grips with the urgent, national issue that America's new leader has chosen to launch his presidency on.

Crowd size.

Facts may not matter so much in Donald Trump's America, but size definitely does.

The man who dissed Arnold Schwarzenegger's "Apprentice" ratings, the man who swore his own fingers (and other body parts) were large — that guy was back again, boasting about the public turnout for his Inauguration.

He took the oath of office at noon on Friday in front of a perfectly nice Washington crowd. Not a record-breaking crowd. Not the biggest crowd of all time. A nice, middling crowd. But in Trump's America, no supportive crowd is anything but massive. And there's no one-day story that can't be stretched into three. This one still has a few hours to go.

He could have used Day 1, as he had promised to, building a wall, banning Muslims, imposing heavy tariffs, locking up Hillary or repealing Obamacare. Instead, egged on by the truly huge turnout for the women's marches in Washington, New York, Boston, Philly and around the world, he obsessed on crowd size instead.

Speaking to CIA officers and returning to Twitter he made his opening salvo. "We had something like, a million and a half people come," he boasted to the spies. "It went all the way back to the Washington Monument."

Actually, no. It didn't. And it didn't take a roomful of intelligence agents to know that the crowds were far smaller than for several recent inaugurations.

Trump sent top aides out to make the same fact-free case. "This was the largest audience to witness an Inauguration — period," press secretary Sean Spicer declared at his first White House briefing. Any attempt by the dishonest media to "minimize the enormous support" is "shameful and wrong."

When Chuck Todd asked about the disconnect on yesterday's "Meet The Press," senior Trump adviser Kellyanne Conway positively bristled. "Don't be so dramatic about it, Chuck," she scolded. "Sean Spicer gave alternative facts."

"Alternative facts!" Todd thundered in what became the most memorable line of the day. "Four of the five facts he uttered were just not true. Alternative facts are not facts. They're falsehoods."

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CRIME

Police arrest suspect in Center City attack on transgender woman

A homeless man was arrested Sunday in connection to an attack on a transgender woman in Center City.

The suspect, whose identity wasn't released by police, approached Ryannah Quigley, of Seattle, and her group of friends, at about 4:30 p.m. on Friday outside the Masonic Temple and began staring at Quigley, police said.

"Is there a reason why you're staring me up and down?" Quigley, 23, asked the man. He responded, "Whatever, bro."

Quigley told NBC10 that she replied by asking him not to call her "bro."

Then, the man started shouting homophobic and transphobic slurs at Quigley.

"He started screaming. He just kept telling me, 'You're a f—.' ... 'You're going to hell,'" Quigley told NBC10.

Then the man told her she would "never be a real woman."

Quigley then pulled out her phone, and streamed a video of their interaction on Facebook Live. In the video, the man can be seen holding a plastic bag and some sort of packaged food item, which he threw at Quigley, striking her.

The man fled, running north on Broad Street, police said.

On Saturday, police released Quigley's video and asked the public's assistance in identifying the man. Early Sunday, NBC10 reported that officers observed the suspect in the Frankford Transportation Center wearing the same clothing as during the time of the incident.

He was arrested and will be charged with the assault.

ALEXIS SACHDEV

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ISTOCKPHOTO

Philly leads nation in adults who have never tied the knot

Chicago, Los Angeles round out the top-three cities with never-married residents.

GARY KANE
@MetroNewYork
gary.kane@metro.us

Philadelphia might rightly claim title to the bachelor and bachelorette capital of the nation.

The percentage of Philly adults who have never tied the knot is the highest among the countries 10 largest cities, according to a study published by The Pew Charitable Trusts.

Nearly 52 percent of the adult Philadelphia residents reported in 2015 that they have never been married, the study stated. That represents a sharp increase from the 43 percent who reported in 2005 that they had never been married.

Of the 10 most populous cities surveyed, Chicago had the second-largest percentage of never-married adults with 49.7 percent. Los Angeles was third with 46.6 percent.

The study used data from the U.S. Census Bureau.

In each of the 10 cities, the percentage of never-married adults was higher for men than women, the Pew researchers found.

The percentages of never-married adults increased in all the cities over the decade examined, the study states.

The Pew researchers also looked at the percentage of never-married adults in the context of cities with high rates of low-income individuals.

"Although Philadelphia's percentage of adults who never married stands out among the most populous cities, it is very much in keeping with those of other high-poverty cities," the study states.

Among the 10 cities in the nation with the highest poverty rates with populations of at least 350,000 residents, Philadelphia's share of never-married adults ranked fourth, behind Detroit, Baltimore and Milwaukee.

Percentages for other top cities

New York City — 44.2
Houston — 41.2
San Diego — 40.8
Dallas — 40.4
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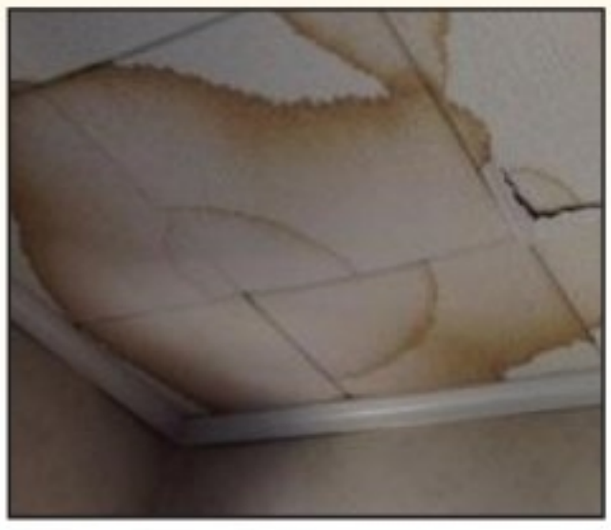

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Trump fires tweet criticizing women's march

"Why didn't these people vote?" Trump asked on Twitter.

Nearly three times as many people marched on Washington, D.C., this weekend than attended President Donald Trump's inaugural celebrations, and the new leader didn't waste time into his presidency in criticizing their presence and accusing them of not voting.

"Watched protests yesterday but was under the impression that we just had an election," Trump said in a tweet Sunday morning.

According to a New York Times report, data scientists estimated about 160,000 people in the area in and around the National Mall on Friday in the hour leading up to the inauguration, compared to at least 470,000 women's march attendees in the same area Saturday afternoon.

Crowd scientists at the Manchester Metropolitan University in Britain determined the figures by analyzing photographs and video taken of the National Mall and surrounding area on the two days.

The Times reported that the scientists had more improved images of Trump's inauguration crowd, which was concentrated to an area; but the women's march, which was "more sprawling and fluid," likely had a larger number of attendees than they reported.

Among his tweets posted Sunday, the president also sent a boastful message about the viewership of Friday's inaugural celebration: "Wow, television ratings just out: 31 million people watched the inauguration, 11 million more than the very good ratings from four years ago!"

Former president Barack Obama's first inauguration in 2009 saw a viewership of 38 million — the second-highest number since Neilsen began tracking such figures since Richard Nixon's 1969 oath.

Ronald Reagan's inauguration drew the biggest TV audience in 1981, with nearly 42 million viewers tuning in to see the Republican sworn in for his first term. Four years later, Reagan's second term drew just 25 million viewers.

In another tweet later Sunday morning, the president took a tamer tone on the activists.

"Peaceful protests are a hallmark of our democracy," Trump wrote. "Even if I don't always agree, I recognize the rights of people to express their views."

ALEXIS SACHDEV

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TRUMPITUDE!

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Like anyone else with a new job, I suspect President Donald Trump has a lot of questions: Where is the garage door opener? Why is Nancy Pelosi smiling? Is this going to work out? Fortunately, he can always rely on my three predictions for this week in politics.

1. A HUNDRED DAYS
D.C. has always fixated on the first 100 days of a presidency as a magical measure for all that will follow. It seems to be tied to FDR's record, but who knows? Whatever the cause, the clock is ticking on President Trump. Watch for his plans to be scrutinized, analyzed and lobotomized endlessly this week. (OK … not lobotomized; I just couldn't think of another thing that rhymed.) But whether he tackles Obamacare, infrastructure or Super Bowl predictions doesn't matter — what counts is how well he marries the power of his office with the hopes and dreams of Congress. If he gets in lockstep with the GOP, things will be popping. If not … meh.

2. CAT STAMPEDE
Speaking of Republicans in Congress, only one question really matters: Will they pull together or pull apart? It sounds like a no-brainer. But Barack Obama knows better. When he took office, his Democrats held both houses of Congress but getting them united was like herding cats. While riding a cat. Using another cat for a GPS. The Republicans are likewise far from unified at this point, and tasks like dismantling/replacing the health care system could make cracks in the party very wide, very fast. Watch for GOP leaders to assert themselves trying to get everyone pointed at the same targets.

3. "YOU GOTTA FIGHT FOR YOUR RIGHT"
Democrats are not sure who is leading their party's charge against the Repubs; they have precious little power with which to push any issues and the new president will absolutely dominate the news for the next few weeks. So watch for any Dem who can get any headlines; he or she will be a hero for their party at this moment when heroes are just what they need.

White House says media delegitimizing the president

The White House vowed on Sunday to fight the news media "tooth and nail" over what officials see as unfair attacks on President Donald Trump, setting a tone that could ratchet up a traditionally adversarial relationship to a new level of rancor.

A day after the Republican president used his first visit to CIA headquarters on Saturday to accuse the media of underestimating the crowds at his inauguration, White House Chief of Staff Reince Priebus expressed indignation at the reports and referred to them as "attacks."

"The point is not the crowd size. The point is the attacks and the attempt to delegitimize this president in one day. And we're not going to sit around and take it," Priebus said on "Fox News Sunday."

Priebus complained about a press pool report that said the bust of Martin Luther King Jr. had been removed from the Oval Office. The report on Friday night was quickly corrected but Trump called out the reporter by name at the Central Intelligence Agency on Saturday, as did spokesman Sean Spicer later in the day.

White House Chief of Staff Reince Preibus described reports on the size of Trump's inauguration crowds as attacks on the new president. GETTY IMAGES

> *"We're going to fight back tooth and nail every day and twice on Sunday."*
>
> Priebus

The chief of staff also repeated Spicer's accusations that the media manipulated photographs of the National Mall to show smaller crowds at Friday's inauguration.

Aerial photographs showed the crowds for Trump's inauguration were smaller than in 2009, when Barack Obama, the nation's first black president, was sworn in.

The unexpectedly high turnout for Saturday's Women's March on Washington outpaced the inauguration turnout. The Washington subway system reported 275,000 rides of as of 11 a.m. on Saturday.

The subway system said 193,000 users had entered the system by 11 a.m. on Friday, compared with 513,000 at that time during Obama's 2009 inauguration. REUTERS

BRIEF

Sens. McCain, Graham to support Tillerson nomination

Two senior Republican lawmakers said on Sunday they would vote to approve President Donald Trump's nominee for secretary of state, Rex Tillerson, despite their concerns over the former ExxonMobil chief's relationship with Russia's president.

"After careful consideration, and much discussion with Mr. Tillerson, we have decided to support his nomination to be secretary of state," Sens. John McCain of Arizona and Lindsey Graham of South Carolina said in a statement.

"Though we still have concerns about his past dealings with the Russian government and [Russian] President Vladimir Putin, we believe that Mr. Tillerson can be an effective advocate for U.S. interests," said the two senators, both veteran foreign policy experts.

The Republican-controlled Senate has so far confirmed two of Trump's nominees for cabinet posts but Tillerson, former chief executive officer at Exxon Mobil Corp, has faced criticism from several prominent Republicans because of his close relationships with Russian officials, including Putin.

Senate Majority Leader Mitch McConnell said he was confident that all of Trump's cabinet nominees will be confirmed. Speaking on "Fox News Sunday," McConnell also said the Senate would confirm a Supreme Court justice nominee eventually picked by Trump.

The Senate Foreign Relations Committee is expected to vote on Tillerson's nomination on Monday, with a full Senate vote coming shortly after. ALEXIS SACHDEV

Rex Tillerson GETTY IMAGES

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Deadly storms kill 16, trigger tornado threat across the South

Storm clouds over Albany, Georgia FACEBOOK

The system toppled trees and power lines in Georgia, northern Florida and Alabama on Sunday. Hail was sighted in Florida, Alabama and Mississippi.

A dangerous weekend weather system has killed at least 16 people in the U.S. South, as Georgia officials on Sunday reported a dozen fatalities and severe thunderstorms and tornadoes menaced several states.

Georgia Gov. Nathan Deal declared an emergency for seven counties in the south-central part of the state, warning that dangerous conditions persisted and could reach north to the Atlanta area.

"I urge all Georgians to exercise caution and vigilance in order to remain safe and prevent further loss of life or injuries," Deal said in a news release.

Photos from the affected areas showed collapsed buildings, homes with roofs destroyed, toppled trees and fields littered with debris.

Eight deaths occurred in Cook County, Georgia, state emergency managers said in a statement, with local reports that a mobile home park was particularly hard hit.

First Baptist Church Adel, located in the county seat near the Florida-Georgia state line, was sheltering more than 50 people, said pastor Bill Marlette, who had just helped inform a family that two of their relatives were among the dead.

"There's a lot of hurting people right now," he said in a telephone interview. "There's just a sense of shock."

The deadly storms in Georgia, which also killed four people in Brooks and Berrien counties, followed a predawn tornado in Mississippi on Saturday that killed four people. Severe weather also injured more than 50 others and damaged about 480 homes in Mississippi, state officials said on Sunday.

The system prompted weather forecasters to issue a rare, "high risk" warning of severe storms threatening parts of southern Georgia, north and central Florida and Alabama on Sunday, the first such warning since 2014. South Carolina could also see severe weather.

"These could be the kind of tornados you don't want to mess with," said Rich Thompson, lead forecaster at the National Weather Service Storm Prediction Center in Norman, Oklahoma.

> *"These could be the kind of tornados you don't want to mess with."*
>
> Rich Thompson

In Alabama, some 29,000 power outages were reported as of Sunday afternoon, Alabama Power tweeted. Several thousand had also been without power in Mississippi, where utilities were working to restore service.

The severe weather was expected to last into Sunday evening. The system also may bring significant snowfall to parts of the U.S. Northeast on Monday into Tuesday, the NWS said.

On the West Coast, heavy rains from a separate system drenched parts of Southern California on Sunday. Flash flooding and strong winds were expected, possibly triggering mudslides along canyon roads, downed trees and scattered power outages, the NWS said.

REUTERS

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First days of Trump era signal America's deepening political divide

Trump supporters questioned the rationale of launching such large protests on his first full day in office, before he had much time to take policy actions.

In the blocks surrounding the White House, signs reading "Love Trumps Hate" and "Build Bridges Not Walls" littered the sidewalks on Sunday, the detritus of the Women's March protesting the policies of President Donald Trump.

Both Trump's supporters and women and men who took part in the massive march against him in Washington on Saturday contemplated the vestiges of protest and ruminated about the convulsive first 48 hours under the Republican president.

For Mary Forster, who joined her first political demonstration on Saturday, the weekend only reinforced her worries that the country was splitting further apart after a bitter election.

"I feel like we're getting driven farther apart," said Forster, a 42-year-old environmental regulation specialist from Ithaca, New York. "There really is no middle any more. We seem to be losing the middle ground."

She has voted both Democratic and Republican in the past but was motivated to march by concerns over the comments and policies of businessman-turned-politician Trump, many of which are seen by the left as harmful to women and minorities.

Like Forster, millions of women, buttressed by male family members and friends, joined marches throughout U.S. cities in a much larger-than-expected challenge to Trump.

"I feel like we're getting driven farther apart body."

Forster

"There used to be more things that unified us and now I feel like we are more divided than we used to be," Forster said.

It is a view widely held by Americans. A Pew Research Center poll released on Thursday showed that 86 percent of Americans believed the country was more politically divided than it had been in the past, sharply higher than the 46 percent who held that view eight years ago, just before former President Barack Obama's inauguration.

Demonstrators hold signs and chant in New York City. GETTY IMAGES

Democrats and Republicans concurred in their view of the division, a marked change from 2009 when more than half of Republicans thought the country was becoming more divided, compared to about four in ten Democrats.

For many observers, the split is likely to be exacerbated by Trump, who stunned both parties with his Nov. 8 victory and has made his mark in world politics with blunt, often offensive speech.

"Watched protests yesterday but was under the impression that we just had an election! Why didn't these people vote?" Trump said on Twitter on Sunday morning. He added a conciliatory note: "Even if I don't always agree, I recognize the rights of people to express their views."

Most of the dozens of march participants interviewed by Reuters said they had voted for his Democratic rival, former U.S. Secretary of State Hillary Clinton. The largest marches were in states that had voted for Clinton, like California, New York, Illinois, Massachusetts and the District of Columbia. REUTERS

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Rihanna protested at Trump Tower in style

Rihanna joined the Women's March New York City on Saturday, rocking an all-pink look from head to toe.

The singer wore a hot pink hat, a pink sweatshirt that said "This pussy grabs back," and a Molly Goddard pink tulle minidress over jeans — plus, pink stilettos.

She posted a photo of herself in said look on Instagram with the caption: "So proud to be a woman!! So proud of the women around the world who came together today for pro-choice!"

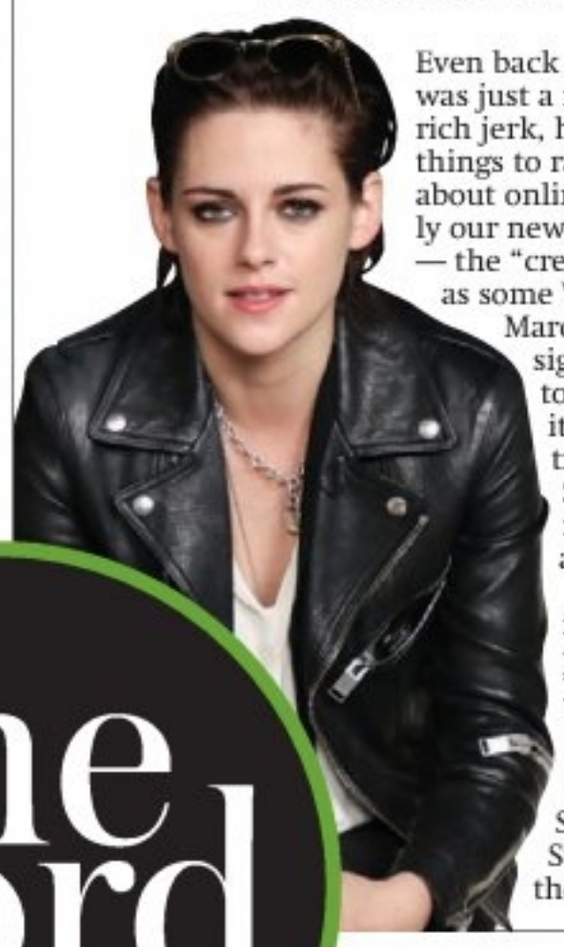
The pop star protested outside Trump Tower, chanted along to "Hey hey, ho ho, Donald Trump has got to go," and even dabbed.

INSTAGRAM/@BADGIRLRIRI

Later that night, she changed her outfit into a Dior "We should all be feminists" T-shirt under a black and white pin-striped blazer.

Looks like Ri Ri is ready to get to work.

Kristen Stewart says Trump was obsessed with her



Even back when Trump was just a reality star/rich jerk, he still found things to rant and rave about online. Apparently our new president — the "creepy tweeter" as some Women's March protest signs referred to him — had it out for actress Kristen Stewart a few years ago.

In an interview promoting her directorial debut, the short film "Come Swim" at Sundance, the 26-year-old actress told Variety that Trump used to have a strange obsession with her, frequently trash-talking her on Twitter.

In October 2012, he tweeted, "Robert Pattinson should not take back Kristen Stewart. She cheated on him like a dog & will do it again—just watch. He can do much better!"

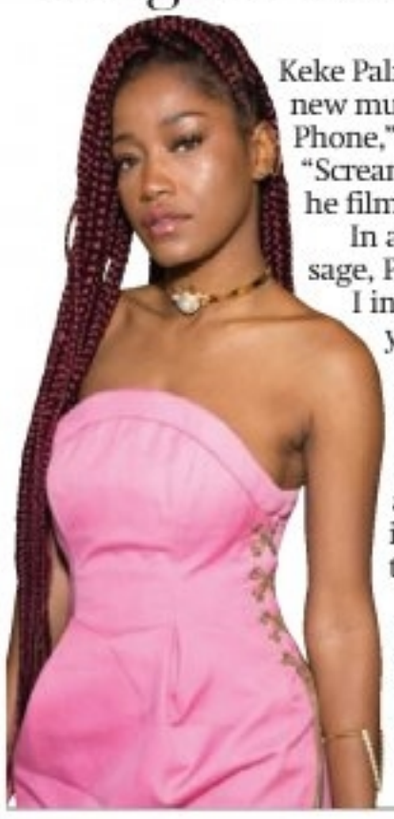
"He was mad at me a couple years ago, really obsessed with me a couple years ago, which is f—ing crazy," said the "Certain Women" actress. "I can't even understand it. I literally cannot even understand it … It's insane."

"He's probably, like, going to tweet about this," she joked.

the word

KATE MOONEY
kate.mooney@metro.us

Keke Palmer accuses Trey Songz of 'sexual intimidation'



Keke Palmer appears in Trey Songz's new music video, "Pick Up the Phone," released on Friday, but the "Scream Queens" actress says that he filmed her without her consent.

In a lengthy Instagram message, Palmer writes, "How am I in this video Trey? After you found me in a closet HIDING because I was so afraid of anymore conflict … Just cause you give someone food and alcohol and throw in a little sexual intimidation doesn't mean they will buckle."

Songz's response dismisses Palmer's frightening allegations with a vague, "So sorry for those that believe everything without knowing anything …"

Justin Bieber hates The Weeknd's music

So far we haven't heard how Justin Bieber feels about the fact that his ex, Selena Gomez, is dating The Weeknd (maybe because he's too busy flirting with Kourtney Kardashian). But now we at least know his stance on Gomez's new man's music.

Over the weekend, when a TMZ reporter asked Bieber, "Can you listen to a Weeknd song?" the 22-year-old singer replied, "Hell, no, I can't listen to a Weeknd song."

When the reporter asked, "Why not?" Bieber replied, "That s—'s wack."

There you have it. The Wacknd.

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When real life feels like an episode of "Black Mirror," it's time to dive into the wonderful world of feel-good television. Whether you need to tune out reality for a night, a weekend or the next four years, Netflix has loads of ways to keep you laughing. From throwbacks like "30 Rock" and "Friends" to newer gems like "Portlandia," you can binge-watch your sadness away — at least temporarily. For added comfort, we've included a Ben & Jerry's ice cream flavor to pair with your television viewing.

"The Unbreakable Kimmy Schmidt"

Kimmy Schmidt (Ellie Kemper) goes from spending most of her life trapped in a cult underground to living in the fast-paced frenzy of New York City. Watch her experience the Big Apple with the enthusiasm of a child, making new friends along the way. Netflix has both seasons of the Tina Fey-produced show available.

Ben & Jerry's pairing: Confetti Cake with vanilla cake, sprinkles and frosting — this exuberant new flavor screams Kimmy Schmidt.

"Family Guy"

The irreverent and hilarious animated series is the millennial's answer to "The Simpsons" and follows the day-to-day life of the Griffin family. From characters like Stewie, a mad-genius baby determined to take over the world, to Brian, a talking dog with a penchant for martinis and piano bars, "Family Guy" is so out there, yet so relatable. With 14 seasons to dig into, you'll feel like you're a part of this offbeat family in no time.

Ben & Jerry's pairing: Chubby Hubby Peanut butter and pretzels in a vanilla malt ice cream. This is definitely an ode to one of America's favorite "chubby hubbies," Peter Griffin.

Find out the rest of our TV pairings at metro.us/tv and tell us your picks!

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8 Ways to be good to yourself post-inauguration

Self-care is important and can be easy — especially when it's (mostly) free.

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1 Read "Seven Brief Lessons On Physics" (Trust us!)

Head to your nearest bookstore and pick up this quick read. Yes, you'll learn about general relativity and quantum mechanics. But the book also takes a philosophical tone at times, including when author Carlo Rovelli reminds us that "within the immense ocean of galaxies and stars, we are in a remote corner." Perspective.

2 Study the Beatles' performance of "Don't Let Me Down" from the Apple rooftop in Savile Row

Is it Paul's sashay at 0:39? Ringo's total look of bliss at 1:17? His red leather jacket? It's all of it. The Beatles singing the songs that only they could have written on a London rooftop in January 1969 is pure magic.

3 Go look at art — really, really look at it

Whatever your city, there's a museum somewhere — go. Then, pick a single piece, and focus on it for several minutes as a meditative exercise. You could possibly get a little brain boost as a bonus. Dr. Wendy Suzuki calls this practice a "visual-cortex brain hack" in her book, "Healthy Brain, Happy Life," as it's been shown to engage the brain and improve memory and motor function. Consider it proof that art is good for you in myriad ways.

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4 Send someone a postcard

Buy a postcard or make your own, write a quick "hello" and send away. Postcard stamps cost 34 cents, and everyone loves a new postcard for the fridge. Especially when it has a little vote of confidence from a friend on the back.

5 Foot bath with Epsom salt

Find a plastic container, any plastic container. Fill that plastic container with warm or hot water according to your preference, add Epsom salt, slip your feet in and let the relaxing begin. Remember to keep a towel nearby. Consider it your cheapest trip to the spa.

6 Invite friends over for hot toddies

YOUTUBE

Hot toddies got me through a rough bout of bronchitis, so I figure they might ameliorate political pains as well. They're simple to make: A basic recipe for one serving is 2 oz. boiling water + 1.5 oz. whiskey + 1 tsp. honey + a squeeze of lemon. Stir all of that together, then add the cinnamon stick. Warm hands = warm hearts.

7 Breathe (but really)

Close your eyes and take three deep breaths — making sure to inhale slowly, wait a second, and then exhale slowly each time. Pausing to focus on your breath can serve as a mini "reset," and you can do it as often as necessary throughout the day. Another option? Consider downloading a meditation app like Simply Being, Headspace or Buddhify.

8 Light some candles and get your hygge on

The Danish are masters at making the best of darkness — in the depths of winter they have as many as 17 hours of darkness a day — so use their (increasingly global) custom of hygge to create a sense of coziness and warmth. Grab some candles — try birchwood pine to dial up the cozy factor, or lavender for something more soothing — a plaid blanket, fuzzy slippers and a book, and settle in for the evening to tune out the dark. Focus on feeling warm.

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What we're looking forward to in 2017

In which Metro's features team tries on optimism in the new year.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Unless you were born one of those Pollyanna, ray-of-sunshine types, it takes a concerted effort to see the positive side in any given situation. (Dwelling on the negative is so much easier!) Now that Trump is officially president, we're all in need of cheering up.

On that note, Metro's features team decided to seek out a bit of light by sharing what we're looking forward to this year, from diving into inspiring books and TV shows, to spending quality time with loved ones — plus, the solitary pursuits that make us feel less alone.

Philadelphia Going Out editor Jennifer Logue is working on her flow in 2017. SOLEIL PHOTOGRAPHY

New York Features and National Style editor Tina Chadha wants you to buy this pin to support women's rights. PINCAUSE

Rachel Raczka

Boston Going Out editor, national music editor

Haim's debut album "Days Are Gone" was my summer jam in 2013 ... and in 2014 ... and in 2015 after Taylor Swift's "1989" Tour ... and again after the Boston Calling festival in 2015. Their breezy, effervescent, daydreamer vibes make for the ultimate running, driving, lounging and kitchen dancing soundtrack, and I can't wait for their sophomore release to drop in the coming months.

Meanwhile, I just gave myself a 10-pack of amazingly therapeutic bath oils from Kneipp that I plan to indulge in over the remainder of the winter. Baths and binge watching is a weekly ritual that keeps me sane.

Matt Prigge

New York features editor, national film editor

The thing I'm most looking forward to in 2017 is the impeachment of Donald Trump. But that's not going to happen. So all I have on the horizon is completing all the books and short stories of J.G. Ballard ("Crash," "High-Rise") — an almost certainly insane project I've been doing, mostly in order, since last April. I've never read straight through a prolific author's entire CV before, and it's been fascinating watching a talent evolve over decades. (Also, all his works are bewilderingly grim and perversely comforting right now.)

Eva Kis

New York Going Out editor

I spent my Christmas vacation moving from the Upper East Side, where I've lived since arriving in New York, to Bed-Stuy. Having more than 500 square feet to call our own is already making a difference in my relationship with my husband, the excitement of exploring a new neighborhood together jolting us out of what was, to be honest, a bit of a rut.

While I wouldn't recommend moving as couples therapy, the thing getting us through — between Ikea trips and using a hot plate until our gas is hooked up — is "Yuri on Ice."

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This new animated series, now available on the Crunchyroll streaming service, is about a young Japanese figure skater who cracks under the pressure of competition — until his idol becomes his coach, and he learns a lot more than some new moves.

Kate Mooney
New York features editor, national health editor

It might sound corny, but my dog Phoebe gets me through every day. She's a 6-year-old terrier mutt, and she's my rock — a scruffy, apricot-colored, cuddly rock. No matter how I'm feeling, spending time with her, whether we're throwing a stick in Herbert Von King Park or bingeing Netflix together (Netflix and canine?), is a constant salve.

I also finally watched "Fargo" on FX, a Midwestern noir inspired by the Coen brothers' 1996 film. It's an immersive, suspenseful watch that's dark as hell while still offering some solace for its characters. Season 3 airs in April with a present-day sibling rivalry plotline, starring Ewan McGregor as (both!) adversarial twin brothers.

National health editor Kate Mooney is getting through the winter with the help of one scruffy mutt. @BEEBTASTIC

Jennifer Logue
Philadelphia Going Out editor, national TV editor

In 2017, I'm personally looking forward to diving deeper into my yoga practice. While I go to class regularly, I've given myself the challenge of focusing on a new pose each week at home. It's not about intensity, it's about consistency and the mental clarity enjoyed from embracing yoga every single day.

I'm also really looking forward to O17 in September — Opera Philadelphia's first festival. Spanning 12 days, it will feature 25 performances at venues across the city. This is another shining example of how Philly continues to flourish as a destination for the arts.

Tina Chadha
New York features editor, national style editor

I'm grateful to have become a homeowner in 2016. Finally, I can use my master's degree in HGTV and Pinterest.

I look forward to flexing our democratic muscle in 2017, educating ourselves on Washington and standing up for each other. Call me an optimist, but I believe dark times inspire innovation and force the passive to get off the couch (myself included). I'm seeing more people active in political discussions (cat videos in my FB feed are being replaced by Robert Reich posts), and it makes me hopeful.

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jobs & education

Tackling the job interview

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Expert tips to help you rock the interview and land the job of your dreams.

SARA FEINSTEIN
@SaraBFeinstein
sara.feinstein@metro.us

After carefully crafting your résumé and rereading your cover letter 15 times, you've finally landed yourself an interview, and have likely embarked onto the next stage: panic

But there's no need to stress. We spoke with career coach and interview preparation specialist Alex Freund, founder of LandingExpert, for some tips on diving into the job interview with grace and confidence.

Do your homework

Considering there are other excellent candidates competing for the same position, an interview is certainly not the time to "wing it," says Freund.

"You should know all about the company's problems, competition, culture, financial situation, who their competition is, their best product, what other products were successful and so on," he says.

While your responses should be short and focused, when they ask you, "What do you know about our company?" your job is simple: Just keep talking. After all, the No. 1 thing an interviewer is looking for is that you fit in with her company's culture.

Freund adds, "If you can prove to me that you have so much information about my company, where I've been working for many years, that almost subliminally gives me the feeling that you're already one of us."

Bring evidence

"No interviewer in America is looking for Mr. or Ms. Average," Freund says. "They're looking for Superman," which is why it's important for you to prove that you're exceptionally good at what you do. But that doesn't mean just telling the interviewer your opinion of yourself.

Your skills need to validated by others and backed up with concrete evidence, Freund explains. When an interviewer asks you what your strengths are, try something like this: "One of my greatest strengths is my strong communication skills. In my line of business, I work very often in teams, and in many situations, my team members ask that I be the spokesperson for the team."

In the end, Freund says, it's all about shaping your answer so that it can be perceived as fact, not merely opinion.

Prepare strategic questions

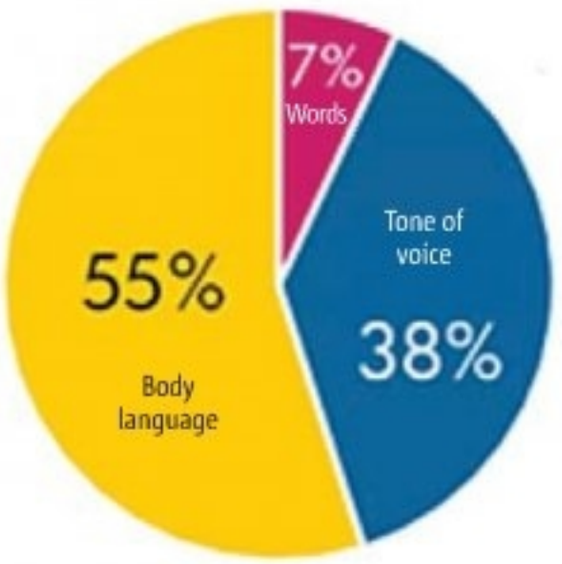
While providing good answers is essential, asking the right questions is equally as important, advises Freund. That means avoiding tactical questions. After all, you want to portray yourself as an extremely knowledgeable candidate. Asking a question of that nature will only put doubt in the mind of the interviewer and suggest that you don't truly understand the needs of the company.

Focus on the future

Candidates often spend too much time discussing their past, says Freund. Instead of talking at length about what you've already done, he suggests trying to answer questions in a way that reference your future at your interviewer's company.

For example, "As someone with an expertise in Microsoft Excel, I will be able to work on Pivot tables and do VLOOKUPs, which I know in your industry are very important."

Albert Mehrabian's Rule of Personal Communication: The 7-38-55 Rule



Body-language checklist

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Smile genuinely: It increases your likability factor.
Avoid fidgeting: It's distracting.

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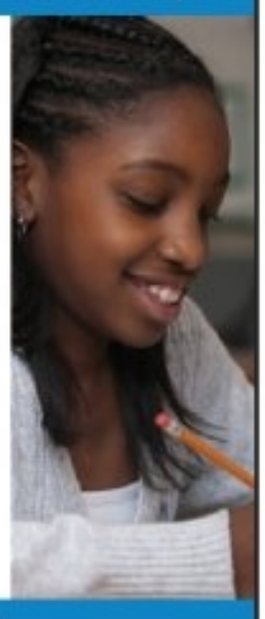

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How to study smarter

Put down your highlighter and put on your thinking cap.

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Before a big test, students tend to spend hours re-reading and highlighting their notes, hoping to absorb all the information. And while the method may seem effective, it doesn't allow the information to fully stick, says Henry L. Roediger, a cognitive psychologist who focuses on human learning and memory.

Instead, he advises, students should be engaging in more-active methods of learning.

Roediger walked us through of his favorite tips for making the most of your study sessions.

Switch it up

While students often study the same thing over and over before a test, the truth is, switching between subjects is actually more effective, says Roediger. Rather than designate one day for math, one for science and another for history, he suggests including all three into the same session. "This kind of training produces slower learning, but it's much more durable," he explains. "You'll still know the information months later."

Plus, repetition often gives students a false sense of understanding and leaves them ill-equipped to answer questions out of context. "If you're doing one kind of math problem over and over, you get good at that kind of problem, but you often fail to recognize the problem itself." In the end, he adds, "a big part of learning is recognizing what kind of situation you're in before you can apply the correct answer."

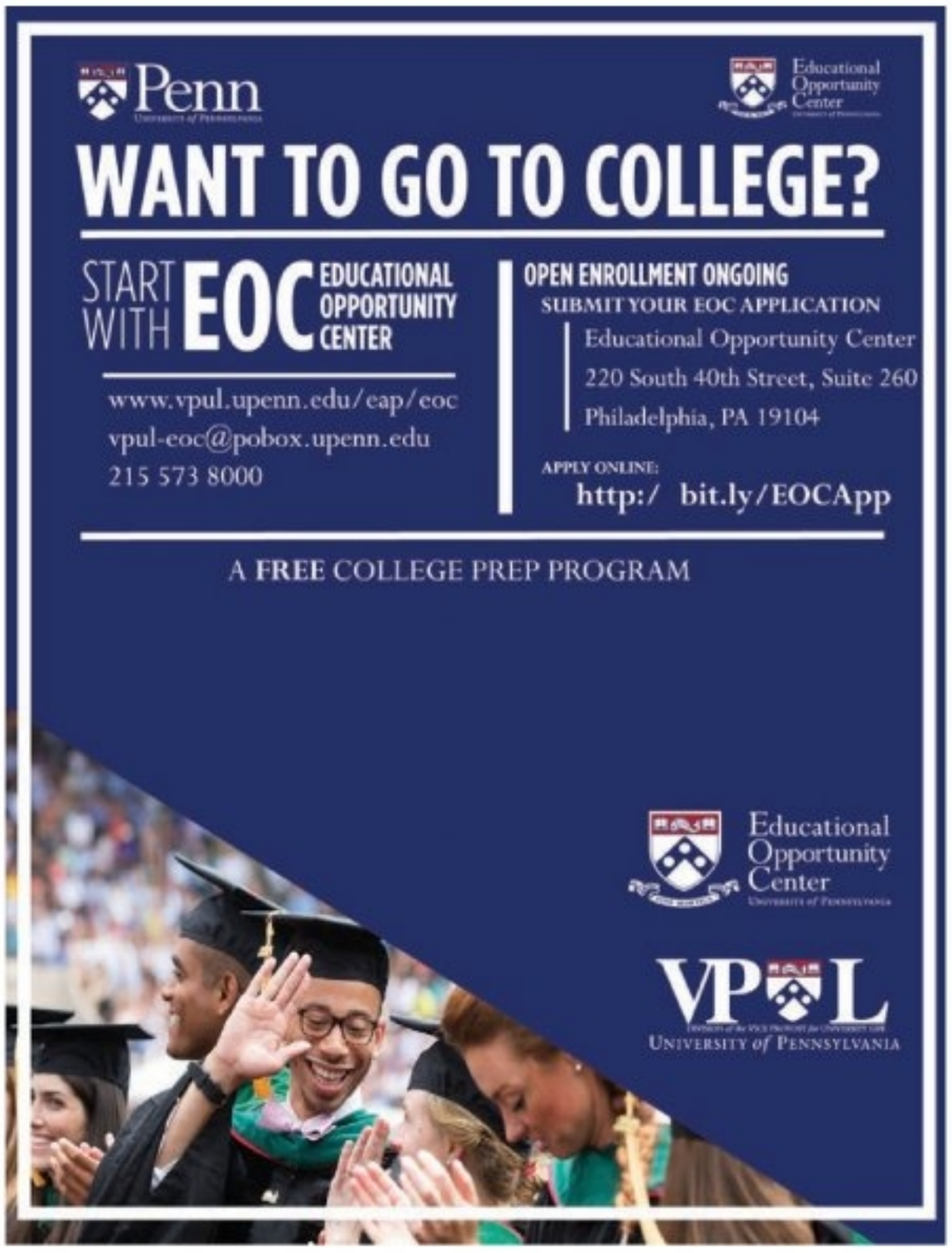
Test yourself

"People normally think of learning as getting information into memory — so having a storehouse of knowledge — but another big part is being able to bring the concept you learned back into memory from your long term knowledge," says Roediger.

According to Roediger, the best way to do this is by constantly testing yourself and actively reflecting. If you're taking a psychology course and just learned about cognitive dissonance, you should be engaging in your own inner monologue, he explains. Ask yourself: "What does this mean?" "How would I use this concept?" "What's a practical example from my own life?" Doing this not only challenges you to practice retrieving information from memory, but it also allows you to assess what you've successfully absorbed.

Take notes by hand

When using a computer to take notes, students tend to record information as if they were taking dictation. Roediger calls this: "mindless typing." And while it may help you get down the most information, "you remember it better and it's more meaningful to you if you take notes by hand." By being unable to get every single word down by hand, students are ultimately forced to think harder, synthesize the information and formulate it into their own words, which allows it to truly seep into their memory.



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Falcons rip Packers, headed to Super Bowl LI

Matt Ryan outperformed Aaron Rodgers to advance to Houston.

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Atlanta's Julio Jones stiff-arms Green Bay's Damarious Randall on Sunday at the Georgia Dome. GETTY IMAGES

Aaron Rodgers finally cooled off Sunday in Atlanta while Matt Ryan and the Falcons stayed red hot. Rodgers and the Packers did not score until the 9:19 mark of the third quarter and by then it was far too late as Atlanta shredded Green Bay, 44-21, and advanced to Super Bowl LI, which will be played in Houston on Feb. 5.

Atlanta led 24-0 at the half and picked up right where it left off in the third quarter as Ryan found Julio Jones for a 73-yard TD pass just over a minute into the second half. Ryan found Jones on a crossing route, on a play that summed up the Green Bay defense's afternoon, and then Jones stiff-armed his way to the end zone.

Ryan, who is the favorite to win the NFL MVP award, completed 27-of-38 passes for 392 yards, four touchdowns and zero interceptions. Ryan had much of his success when looking the way of Jones, who finished with a whopping 180 yards receiving on nine catches. Jones found the end zone twice. Mohamed Sanu and Devonta Freeman also scored through the air.

Early in the second quarter, it still looked like the Packers would make a game of it as Rodgers drove his offense down the field with relative ease. Set up at the Atlanta 23-yard line, the Packers gave the ball to fullback Aaron Ripkowski, but Falcons cornerback Jalen Collins made the defensive play of the game — stripping Ripkowski and recovering the fumble himself. Collins' play halted any and all Green Bay momentum.

Rodgers, after looking unstoppable in a wild-card win over the Giants and divisional round win over the No. 1-seeded Cowboys, was mortal in the NFC title game. He completed 27-of-45 passes for 287 yards, three touchdowns and one interception.

In two weeks, the Falcons will play in the Super Bowl for just the second time in franchise history. In 1999, they lost in the big game, 34-19, to the Denver Broncos.

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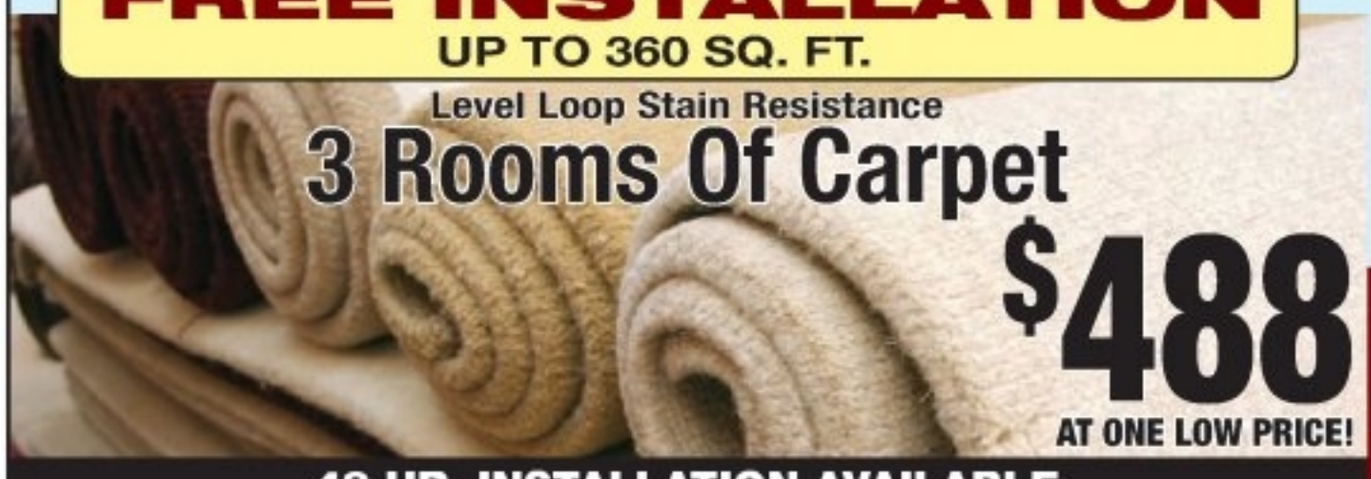

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Two MLB players die in separate car accidents in DR

The baseball world suffered a tragic loss early Sunday, as 25-year-old Kansas City Royals pitcher Yordano Ventura died in a car crash in his native Dominican Republic.

Ventura was one of baseball's top young arms and was a big reason the Royals reached and won the World Series in 2015.

"Everybody with our team and our organization is hurting deeply," Royals general manager Dayton Moore said Sunday. "We loved Yordano. We loved his heart and who he was as a teammate and a friend. He's somebody that challenged us all and made us better. We're going to miss him."

Royals pitcher Yordano Ventura died Sunday morning. GETTY IMAGES

Oddly, former MLB infielder Andy Marte died in a separate car crash in the Dominican Republic on Sunday, and one of Ventura's closest friends — former St. Louis Cardinals outfielder Oscar Taveras — died in a Dominican car crash in 2014. According to ESPN, the World Health Organization "found that the Dominican Republic had the highest traffic accident death rate in the Americas, with a rate of 29.3 per 100,000 inhabitants." MATT BURKE

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Wildcats continue to put on a show

Villanova is so good because it's always searching for that "perfect game."

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Villanova's Mikal Bridges throws one down against Providence at the Wells Fargo Center this past Saturday. GETTY IMAGES

"Step right up, ladies and gentlemen, and see the national champions right before your eyes.

"Watch championship game hero Kris Jenkins knock down 3-pointers almost effortlessly. … See Josh Hart slither to the basket or bury a jump shot whenever he's in the mood. … Be amazed by Jalen Brunson's ability to find the open man. … Marvel at Mikal Bridges as he leaps to the sky. … Shudder when Darryl Reynolds swats away a shot or pulls down a rebound …"

That's how Jay Wright thinks the college basketball world looks at his No. 1 Villanova Wildcats, who disposed of plucky Providence, 78-68, at their home away from home, the Wells Fargo Center, Saturday. That runs their record to 19-1 and likely solidifies their hold at the top of the Associated Press rankings.

"You sense every home game is a like a show, not a competition," admitted Wright, after the 'Cats made 12 of their first 17 shots in the second half to turn a 35-31 nail biter into a 64-44 blowout, then withstood a hail of Friars' treys over the last 10 minutes. "You feel like everyone's coming to see the show.

"You can't do that as a player because the other team's coming to beat the top team in the country and they're at another level. But your players sense it, because of everything going on around them , the way everybody treats them.

"It's definitely there and you really have to address it and deal with it."

Not that Wright is complaining. Besides, Hart and Jenkins, who combined for 44 points (25 by Hart) while shooting 17-for-28 from the floor, trust the man in charge.

"We just have to be humble and coachable," said Hart, who seemed to come up with a steal or clutch hoop whenever the 13-8 Friars seemed on the verge of making it interesting. "Coach has been coaching longer than we've been alive.

"He has the experience. We have to lean on his experience, because he's been through these situations."

"That hurts," laughed the 55-year-old Wright, who indeed is now in his 16th season here, after seven at Hofstra. "But it's the truth."

So is the fact these Wildcats don't want to rest on their laurels, which currently have them back on top of the Big East at 7-1.

"I believe every guy in this locker room wants to continue to grow," said Jenkins, who was joined in double figures by Hart, Bridges (15) and Brunson (13), while Reynolds pulled down a game-high 10 rebounds. "We're not just satisfied with something we did last year, because this is a brand-new year."

To have a chance to match last year's success, Wright has come to the realization that his team, which isn't that big and is missing Phil Booth to injury, needs to be more efficient playing zone. Against Providence, who upset the 'Cats here last year, they had moderate success, though the fact the Friars shot better from the outside (shooting 13-for-26 on threes) than the inside (9-for-24) had to be a concern.

"We have to get more consistent defensively playing zone," explained Wright, who'll next take on Marquette in Milwaukee on Tuesday, before ACC power Virginia comes to town Sunday. "At times we were really good today and at times we broke down.

"We gave up a lot of threes in our zone, so we're still a work of progress defensively. It's important because you can't play teams like Kansas in the NCAA Tournament man-to-man.

"So you can't go to zone and not be good at it. We're not right now and we need it, because we got good at it last year."

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DIVORCE SUMMONS BY PUBLICATION AND MAILING

Docket no. PL16D1836DR

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Shalty C Kyne vs. **Constance Ballard**

Plymouth Probate and Family Court
52 Obery Street, Suite 1130
Plymouth, MA 02360

To the Defendant: The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon: John Joseph Loscocco, Esq. Barker, Epstein & Loscocco 10 Winthrop Square, 2nd Floor Boston, MA 02110 your answer, if any, on or before **03/06 /2017**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Edward G Boyle, First Justice of this Court.

Mathew J McDonough
Register of Probate.

Date: January 5, 2017

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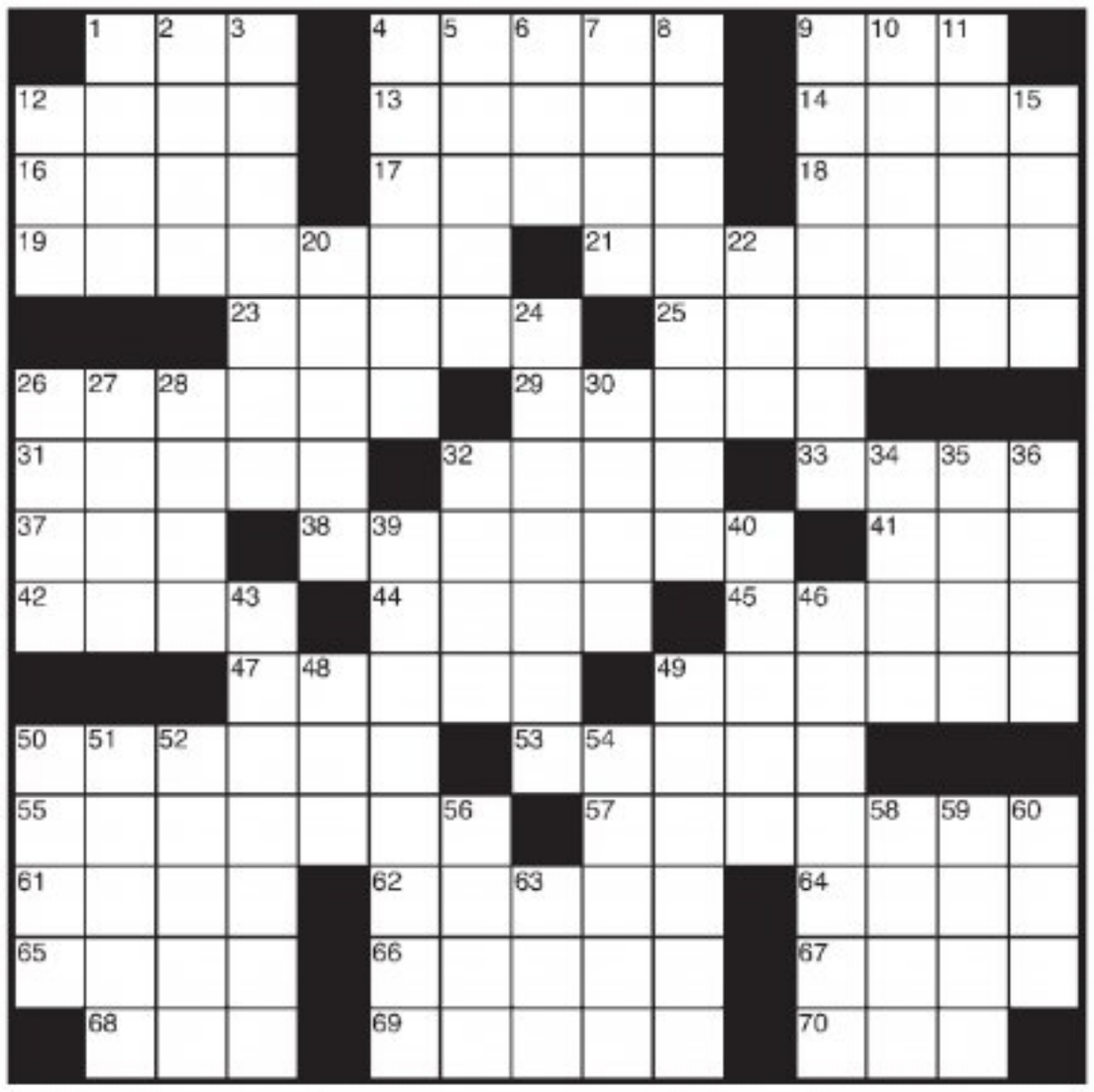
PLAY OUR NEWS QUIZ, WIN $100! (see page 2)

metro.us/games

metro.us/crossword

Across
1 Electrical unit
4 Nina of fashion
9 Take the plunge
12 Do meringue
13 Potential oak
14 Translucent gem
16 Skip past
17 Fixed up
18 Comic-strip hyena
19 "Prince Igor" composer
21 Smorgasbords
23 Theme
25 Emergencies
26 Tedious account
29 Singer -- John
31 Repair a wrong
32 Toward shelter
33 Barbarian
37 Lion's quarters
38 Drop in the ocean? (2 wds.)
41 Large parrot
42 Fictional pirate
44 Gym iterations
45 Mild expletive
47 Renter's agreement
49 Court cases
50 Imitation
53 Banister post
55 Elvis' home
57 Hot dog go-with
61 Now hear --!
62 Borden's spokescow
64 Flying prefix
65 Bargain event
66 Without corners
67 More than want
68 King-sized item
69 Gulps down
70 Wily

Down
1 Post-it message
2 Narrow margin
3 Hassock
4 Unusual thing
5 Boadicea's people
6 -- liver oil
7 Cattle stall
8 Drafted
9 Devouring
10 Non-aluminum foils
11 Florentine poet
12 Fishing float
15 Laird's daughter
20 Gift recipient
22 To's opposite
24 Highlighter (2 wds.)
26 Apt rhyme for tads
27 News morsel
28 Firm up
30 Grass-skirt accessories
32 Fortas and Vigoda
34 Kan. neighbor
35 Kiss and --
36 Fodders
39 Charcoal grills
40 Snowy-white bird
43 Passed by
46 They have spouts
48 Afr. nation
49 Sporty wools
50 911 responders
51 Fixed-up building
52 You may crack one
54 Barely getting by
56 Like a tortoise
58 Scoundrel
59 Heavy hydrogen discoverer
60 Husk
63 -- generis



metro.us/sudoku

easy

9		3			2		5	
1			3			9		7
			7			1		
5				9		2	4	6
2	8	1		4				3
		4			5			
7		2			1			8
	1		4			7		5

hard

1				6	7			
			1			6	7	
6	7	2	5					
5	2					9		6
			2		4			
7		8					2	3
					1	4	5	8
	8	3			5			
			8	9				2

metro.us/horoscopes

Aries Participating in an activity or offering your services, skills and experience will pay off. Gestures of friendliness will lead to personal and financial gains.

Taurus Follow through with your plans. If you just talk about what you want to do instead of doing it, you won't make progress. Protect your assets and your well-being.

Gemini Before you leap into action, consider your audience. Not everyone will favor your actions, and some may even use your words to make you look bad.

Cancer Communication is your best option. Sharing your ideas and listening to what others have to offer will help you determine what to do next.

Leo If you want something, you must do your part and go after it. Get involved, ask questions and be a part of whatever is going on around you in order to excel.

Virgo Don't take anything or anyone for granted. An emotional incident can put a wedge between you and a loved one. Communicate and clear up any misconception.

Libra It's a good day to deal with friends, siblings and matters in your neighborhood that concern you. Be willing to do the work in order to get the results you want.

Scorpio Your mysterious nature will attract interest. Try something new and form friendships with people who can offer you something unusual.

Sagittarius You'll face discord if you haven't been honest about your feelings. Don't make a premature change just to allay anxiety. Tell it like it is and make your move.

Capricorn As long as you are moderate and have good intentions, everything will fall into place. Don't let the actions of others cause you to be uncertain. Trust in yourself.

Aquarius Step into action and lend a helping hand whenever possible. Your no-nonsense way of getting things done will impress onlookers and make you feel terrific.

Pisces Make a point to finish what you start. Don't give anyone a chance to interfere or meddle in your affairs. Do what needs to be done and don't look back. EUGENIA LAST

Yesterday's answers

L	A	C	K			L	I	S	T		S	O	D	A
I	R	O	N		H	O	O	H	A		P	L	U	M
F	I	N	I		U	N	T	I	L		U	L	N	A
T	A	N	G	O	S		A	V	E		M	A	S	H
			H	A	K	E		A	N	N	O			
B	A	C	T	R	I	A	N		T	O	N	S	I	L
W	A	Y	S		E	R	O	S		D	I	A	N	E
A	R	N			S	N	O	W	S			M	T	N
N	O	I	R	E		S	K	E	W		A	B	E	D
A	N	C	H	O	R		S	P	I	T	B	A	L	L
			U	N	I	X		T	R	A	Y			
J	A	M	B		F	E	N		L	O	S	E	R	S
E	L	I	A		F	R	A	M	E		S	L	A	P
T	E	R	R		L	O	P	E	D		E	L	S	A
S	C	A	B		E	X	A	M			S	A	P	S

Can't wait until tomorrow to check your answers? Visit **metro.us**

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